

## Whitening Instructions

1. Floss and brush your teeth.
2. Place a sesame seed size drop of whitening gel on the facial part of each tooth on the tray.
3. After placing the trays with the gel on your teeth, wipe gums clean of any gel, with a tissue.
4. Leave trays on anywhere from 3 to 8 hours, each application.
5. If this is your initial time whitening, it will take between 10 to 14 days of home use to reach desired level of whitening. If you've whitened before, you can touch up for as long as you like, until you've reached your desired whiteness (it may only take a few applications for touch ups).
6. If sensitivity occurs, you can cut back applications to every other day, instead of daily.

Each time you remove the trays, rinse the gel out of the trays and brush your teeth again to remove any residual gel.